

*The Eight Keys:  
An Everyperson's Guide to Manifesting  
and Living the Life that Feels True*



by Tehya Sky

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## *Introduction*

The subject of manifestation is one of the most alluring topics in the world of spirituality. It evokes a sense of mystery and power, as if there is an entire unseen world to play with that can help us achieve what we want to achieve and fulfill all of our dreams.

And there is. Most definitely, there is a thriving, benevolent force that exists all around us, whose natural function is to bring us towards that which we desire. It is kind and generous and cannot help but bring us into the energy of that which we are resonating with. To know the truth and the power of the energy within you and then harness it in supportive ways is to become an intentional creator in your life.

However, when we approach the keepers of the bounty without a deep understanding of what we're doing, we often fumble. Like a young lover who doesn't yet know how to unlock his girlfriend's bra, it takes a great deal of spiritual and emotional maturity to truly unleash and embody one's innate powers of manifestation.

Manifestation has been advertised as a quick pill to get what you want by people who claim they are masters of it and will teach you how to "do" it. But here's what I want to tell you: the law of attraction, which is often what is singularly taught, is only half of it. The other half has to do with our accountability and our willingness to show up to do whatever work we must, to purge our limiting resonances (beliefs etc.), and to clean our perspective and empty ourselves, again and again.

I can't tell you that, after reading this book, you're going to manifest a zillion dollars or that you will meet your soul mate within the month. But what I can tell you is that this text will offer you a deep, thorough look at what it really means to manifest. If you read carefully, it can teach you how to communicate to the Energy of All That Is that which you truly desire, in a way that practically supports its manifestation in your life. If you open your heart to it, it will polish your understanding of how you can step into the space of creating in your life as you truly intend. And that's what it's all about.

"The life we truly intend to live" ought to be the life that happens through us, unmarred by the things that once held us back. It ought to be the life that fills our heart with joy, that inspires our creativity, our laughter. The life that simply feels right.

On a personal note, it has been wild to witness the most desirable, synchronistic visions of my heart and soul bloom in my life, yet I have also experienced first hand what happens when we sabotage ourselves by feeding limiting thoughts, reacting from old patterns and wounds, and so on. This text is dedicated to all of that, because we can't discuss one without acknowledging the other.

Manifesting most definitely shouldn't be thought of as a trick to avoid the inevitable challenges & topsy-turvy path of being human, nor a method to experience only the "good" side of our emotions, relationships, and so on. Rather, we are all welcome to understand manifestation as an invitation to continue to create as we truly mean to, including when times are difficult—and to trust that when we must crash and breakdown, that it is the perfect part of our journey and part of our unfolding. Manifestation is not a fool's gold, but an alchemist's delight.

Get ready to dive in deep. Read slowly. Take it step by step. Consider it all deeply, deeply, and ever more deeply, as if there is a transmission within the energy of the words. We are all ready to unearth the Garden of Eden that lives within our hearts and to see it reflected back to us in the lives that we live. May this book be your companion in your journey of bringing forth the castles of your soul. Blessings to all.

## Key #1: Humble Yourself

Humble Yourself is the first key because until we understand our place in the Universe, most of us go on trying to make things happen as if it were all up to us. As if life and the creations of our souls could ever be logical or practical, like something we could just think up that makes *perfect sense*. The key of humbling yourself tells us that rather than regarding our selves and our minds as the guides of our lives, to *know thyself as a vessel of God*. It teaches us that when we act from a perspective of separation from God or come from “ego,” we will crash and burn in a feeding frenzy of illusion again and again. It tells us that before we can make great magic with God, we must put aside the fictitious longings that originate in the mind that tell us how things must happen to be “right” or “good,” or that our life will be better when things are different.

This key also tells us to take note that we are the microcosm of the macrocosm, and that the entire universe is within us. Indeed, humility has nothing to do with being ignorant about our origin or our power, for that would be little more than blasphemy. Rather, in the context of manifesting, being humble has to do with recognizing that this massive power within is not ours, but everyone’s—the one, indivisible whole’s—or, in other words, *God’s*. It has to do with recognizing ourselves as channels for this divine force—with the same potential for magic as all of our brothers and sisters. It means we open ourselves to the will of the Divine, and recognize this omniscient will as the most harmonized option for our lives.

To be humble means that we drop our trip of believing the fictions of the ego and mind, and hand over all of these aspects of the isolated self to God. In this humility, we know that the Divine knows what is best and that whatever we are given, we are able to work great magic with, learn from, and expand from.

Humble Yourself is the first key to manifesting because it is the key that connects us to Great Spirit and the will of God—it is the key that returns us to oneness. When we operate from this space, that which we are *manifesting* is in alignment with the overall good of mankind, rather than serving to fulfill the individual wants and fantasies of a self-serving ego. In fact, when we “operate” from this space, we are not doing the operating at all. Rather, our intelligent passivity allows the Divine—our highest embodiment—to operate through us in the realization of all that is pure and harmonious. The brilliant thing about this is that when we are aligned with the Divine like this, that which we are *calling in* is essentially destined to come to be, simply because it is the will of the Divine, and not our isolated self’s.

### Timing and “The Current”

Because time is an aspect specific to human life, the will of the Divine *is already so* because it originates from a place in which time does not exist and all that will be, *already is*. Therefore, when we move our isolated-selves aside and welcome in the will of God, we are welcoming in the remembrance of what will be—that which is aligned, in harmony, and serves the unfolding of goodness in all lives, including our own. For these reasons, whatever the vision is that flows through us, we can trust that it is completely supported in being realized in our 3-D lives.

However, there are two things to discuss before we will fully tune into the massive magic of this key. The first consideration to absorb is: *just because we are going in the direction of a certain vision does not mean the “pot of gold” will always be that specific vision manifested, just as we imagine it.* To give you an example of what I mean, I will tell you a little story.

There was a time in my life where my beloved and I had been traveling a lot, and we were ready to settle down in one place. In a particular moment, we felt like Australia was the place to grow our roots. That sense of guidance—that *vision*—felt divinely guided. However, after a trip to Bali, upon returning to Australia, I was not allowed to enter and was sent back to the US.

At the time, we both felt devastated; but as soon as we released into trust and continued to allow our intuition to guide our lives, we could sense we were in for an important journey. Because we left Australia, we both ended up stepping more fully into our sharings: I wrote my first book, [A Ceremony Called Life: When Your Morning Coffee Is as Sacred as Holy Water](#), that would attract a great agent and get picked up by a well-known publisher only six months after being completed. He, (an artist), began living out his vision of painting large-scale murals on building walls and receiving financial abundance for it in return. We also eventually discovered where we felt to settle down and grow some roots, which ended up being in California.

You see, when we simply set out in the direction of our vision, we are in harmony with the best *current* to carry us through life. This has nothing to do with effort and has more to do with opening ourselves up as channels to Spirit, and returning to trust again and again through life’s inevitable changes. We believed we were meant to settle down in Australia, but actually that vision was simply a point within the same current that carried us deep into our expressions, abundance, and the rootedness we had prayed for. As we all remain humble to whatever is happening, we are bound to sense the guidance, hear our intuitive voice, unearth our wisdom and remembrance, and discover the gold again and again.

### **Divining Deeper—the Pathway into the Second Key**

The second consideration to discuss in relation to this key has to do with the question *what are you manifesting?* Know that manifesting has nothing to do with winning the lottery or making a particular woman or man your partner. Rather, manifesting has to do with opening up to the Divine to be guided into that which is best for your life—and then co-creating it in your life by communicating with the seen and unseen forces that guide this world (like words, the Earth, rituals, intentions, and so on).

Often, we are manifesting material items, and that is fine and good because there is nothing unspiritual about the material. The distinction to be aware of has to do with manifesting *that which feels true for your life*, that which you *desire*, and not that which you *want*. (For a deeper understanding, watch this quick 3-minute video I made about the difference between wanting and desire [here](#).)

When we try to manifest that which we want, we often meet much frustration, head-trip, and it doesn’t pan out. Why? Because it’s our isolated self’s idea—it came from our minds—and it isn’t part of the destined whole. However, when we are allowing our desires to come to life, we are flowing, we are letting our lives fill with joy, and for all of that: we are allowing beauty to be added to this world.

Usually, we come to the table pretty aware of what we wish to manifest. So just check with yourself: does the vision you are intending to co-create with life serve the greatest good of your heart, and therefore, the greatest good of this world? Or is it rooted in yearning, in wanting, in ego-based ambitions, in the ideas you have about what would make you “happier?” There is a big difference in the origin of those two places within ourselves. Make sure that which you are “calling in” is something that feels like it is already part of the fabric of your life—as if it is there already, and you are simply sensing its rightful place within your life—and helping to bring it into the Now.

In the end, don’t overthink any of this. You can do no wrong, so simply begin and explore. Your direct experience will unearth the wisdom within you, and that’s what it’s all about.

### **Exercise**

What are you calling into your life? How do you expect it to happen? Are you attached to any of those ideas about how it “should” be? Any ideas that you are attached to, write down and confront. These ideas can hold you back from flowing naturally into the easy manifestation of whatever it is. Welcome yourself to drop into a more truthful perspective, one that includes the acceptance that the Divine knows what is best.

## *Key #2: Co-Creating with the Divine*

When we create with the Divine, we are the channels and the Divine is the force of energy that moves through the channel. What that means is, as mentioned in the first key, we neither make the rules nor determine the way. We must understand this basic tenet of creation if we are to move along as we intend to and create that which we truly wish to create.

The Key of Co-Creating with the Divine has to do with our recognition of the Divine as the source of our will. Whereas the first key is about recognizing our role in creation, in the second key we shift our focus to the almighty energy of All That Is—and our dance with that energy of oneness. Essentially, the first and second key are part of the same coin, but ought to be discussed separately for our clearest understanding.

In the first key, we remember ourselves as servants of the Divine, and we recognize what a beautiful, thrilling honor that is. By going deeply into that key, we arrive at the second key which takes us into the infinitely powerful co-creative process of which we are a part. We are the unique expressions of the channels that we are, and the Divine fills us with the limitless energy of inspiration, vision, and light that make our unique expression possible, whole, and true.

As discussed, when we co-create with the Divine, we let go of our personalized will, our ideas about how it *should* go, and all expectations about both the path and the end result—we surrender all of that to God. In co-creating, we realize that we, as humans, are vehicles for Divine creation, and that the most joyful, harmonious unfoldings happen when we let the Divine lead the way (instead of our minds).

Perhaps the most practical and easy way to understand how to proceed, then, is this: Our place is to allow a vision to come to us (whether as an idea, a visual, an emotion and so on), and to then communicate our *response* to that vision to God. In other words: We are the carriers of Vision, and God is the supplier. God drops a vision for our lives into the channel that we are, we receive it and sense it, and our body and being lights up a YES! in response to that vision's resonance and alignment. That *yes* is often experienced as desire.

In co-creating with the Divine, our job is to follow that sense of inspiration and desire—however it may move us in our life—and to take all practical steps we must take to support the physical realization of that inspiration and vision. So, for example, if all of a sudden an idea for a new book enters me and in response to this idea, I feel a sense of desire and resonance—then I know something divinely guided has arrived in my system and it is my joy and my duty to my own life to explore it.

### **Summary**

The message of this key is to co-create with the Divine, and to neither let your isolated self try to move into the role of sole creator nor become so passive and reliant on spirit that you fail to show up on a practical level. Its message is to be in union and partnership with the Divine, where you—guided by God—show up on a human level for *what's needed to be done* whilst simultaneously

keeping your focus firmly upon the invisible world of the Divine—listening, sensing, allowing, and trusting.

This key and the first key, together, include the key of trust. When there is doubt, let it serve to refine your vision. When it stops serving that purpose, give all doubt back to God and drop more deeply than you ever have into the sense of trust within. Remember, trust needs no proof—it's all about having no idea what will happen—surrendering to the mystery—and trusting *anyway*.

### **Exercise**

Do you trust life to take care of you? Are you willing to show up for your part? If it is time to take practical steps forward, are you? Take a look at the dynamic between your willingness to show up and also, allowing life to guide the way and surprise you. If either side is feeling like it's out of balance, put your attention on nourishing it.

If it's trust that needs to be nourished, bring that into a practice of meditation: simply welcome yourself to explore what trust feels like, and then see what you come to meet within yourself. Likewise, you can allow yourself to focus on the mystery of life and death, and focus on the energy of trust that exists within that mystery.

On the other hand, if you see that you have been perhaps a bit too reliant on prayer and meditation, (the spiritual side), choose to physically show up in your life in a practical way, in the way you see as best, (the human side).



## *Key #3: Prayer and Ritual*

The Key of Prayer and Ritual tells us that the language and the energy with which we suffuse our words and actions creates a message that the Divine receives. It tells us that when we work with the language of prayer intentionally, we are infusing our visions with support and we are welcoming the Divine back in to water the seed it planted. Ritual is a powerful space in which we can express our prayers.

Manifesting begins as a communication with the Divine. We communicate with the Divine all the time through our vibration, which includes our thoughts, our focus, our emotions, our intentions, our words, and so on. Since, any way you slice it, we are in a constant stream of manifestation in all moments, we ought to learn about the sacred language of prayer so that we may communicate accurately and with intention.

Prayer is the language in which words spoken, written, and felt are infused with the awareness of the power they hold. It is the language that is directed to God and to all of existence. And although it is often shared in words, prayer can be expressed nonverbally too: through dance, song, sensing, feeling, movement, gardening, love making, a look in the eye, and so on. Often, in those moments, we discover we have become the prayer. Whenever the language is consciously, intimately connected to God, it is prayer.

Prayer is the language of the mystics, the shamans, the Earth angels, the witches, and the Ones Who Know. In prayer, there is an inherent acknowledgment of the sacredness of the moment, and a savoring of the preciousness of communicating with the Divine. There is a gratitude both for this sacred privilege of creating in human form, and for the profundity that the Divine does, indeed, receive and respond to our prayer.

When the time comes that we feel compelled to help bring forth a vision into life in a more formal manner, such as ceremony or ritual, it is often natural and supportive to begin with a prayer. We pray as an opportunity to give thanks and to also humbly ask Spirit to hear us. It can also serve to establish the intention of our ritual.

Our ritual serves as a sacred message to the Divine. Ultimately, when we feel a deep sense of gratitude for the opportunity to simply be human and co-create with Spirit in this life, we can understand why we might begin with an opening prayer, (which is like a greeting). An opening prayer is also an offering to Spirit, because it is laden with our appreciation and honoring for all of life. Love cycled back and forth, around and around, is the best gift there is. (For a guide on creating rituals, click [here](#).)

### **The How**

Your prayerfulness marks the beginning of your journey of intentional manifesting. It's the moment where you plug-in with Spirit to express your *yes* for the journey ahead. It's the moment where you

pass along the “how” of how it will come together to Spirit, trusting that the steps will be provided in the best way possible, as long as you remain attentive and reverent.

An opening prayer could be, for example, when you simply hold an intention within yourself. In rituals, opening prayers often include a verbal express and an invocation. There can be an altar where sacred items are placed, such as crystals, feathers, photographs, a letter, and so on—anything that is a symbolic offering to spirit, the place the ritual is taking place, or to the energy of the journey ahead etc. is welcome. Likewise, trust your intuition about these details. Remember that these items often have strong vibrations that communicate their own message to God and for that, they are like allies to us in these precious moments.

Before you say your opening prayer, make sure the room is set up as you wish for it to be and that you have plenty of time. Reorient your attention, resting back into a place of meditation and inner stillness. Even if you feel chaotic, confused, frustrated, or any other challenging emotion, still connect with that place within you that is eternal and that witnesses it all. If you feel it is best for you, then meditate before you begin your ceremony. Address Great Spirit/the Divine from this eternal, inner place.

There is no formula and it is important that you follow and trust your inner guidance. However, for the sake of clarity, here is an example of an opening prayer and ritual.

<Altar is set>

<Candles are lit>

<Room is clean and quiet>

<Energy of the space has been cleared/smudged>

<You have spent some time in meditation and now feel ready to share the opening prayer>

**Opening Prayer:** “Great Spirit/[Whatever Term Resonates for You], thank you for hearing my prayer. Thank you for all that you give me and my life, for all of the sweet blessings, for the goodness you share with me every day. I hear you and I listen to you, and I give you all of the love that I am.”

<Pause>

<After expressing this gratitude from the depth of your heart, you may feel inspired to touch or hold a crystal or another object that enhances your feeling of connection. This is completely not necessary, but if you are inspired to interact with any objects, sometimes it is just part of our dance and our communication, so just trust it.>

**Continued Prayer** “Great Spirit, spirit of Tobacco, Fire, the Four Directions, Mother Earth, all of my guides and angel friends, hear me now: I know it is time to [move/let go/insert what you are calling in here]. I feel it in my bones that the time is Now. I am ready, and I am ready to [move on/insert your prayer]. Guide me to where is next. I am seeing the signs that you show me—continue to show me. I give my prayer to you. Thank you.>

<You may be inspired to include other moments in your ritual, such as: singing, chanting, playing the drum or another instrument, more praying, praying with fire and/or tobacco, smudging with sage or another plant ally and so on.

## Exercise

Meditate for 30 minutes or more with the intention of receiving or honing your prayer. Afterwards, write down your prayer—what you are calling in, what you are grateful for, and so on. You may

come back to this paper again and again to refine, and other times to burn and then re-write. If you're unsure of what your prayer is, simply ask your heart what it needs. Once you've written your prayer, place it in a sacred, safe place, (such as under a crystal on an altar, in a special box etc.), so that your statement to Spirit may live on and be continuously expressed, honored, and protected.

## *Key #4: Shiva and Shakti: The Power of Witnessing and the Power of Choice*

This key could also be called The Dance of Shiva and Shakti, which is a reference to the dynamic between the divine masculine and the divine feminine. It has to do with the way in which we give life to things, and how that determines the unfolding of our dance.

If Shiva takes Shakti into his arms and dips her to the right where there is a candle burning, her hair goes up in flames and they both die. However, if he takes her and twirls her and dips her to the left, the way the light is pouring into the room creates a twinkle in her eye which inspires them both. She jumps up, moves away provocatively, he dances towards her again, and the divine unfolding continues in its mysterious, beautiful way.

When Shiva pulled Shakti closer to him and dipped her to the right, it was because he was overly-excited and reacted to his lust. He did not come from that place of stillness within, but rather from a place of reactivity. For that, they both died, unable to create the true visions of their hearts. However, when Shiva chose to not react to lust and instead, remained present enough to sense the deep feeling of sensual inspiration, he naturally was moved to twirl Shakti and dip her in the other direction. For that, an enchanting sparkle lit up her eye that inspired the rest of their dance. This is because in this instance, Shiva was being danced by Spirit—he remained present and unreactive to the passion between them and instead, harnessed it for his co-creative expression with Spirit.

### **Awareness and Enlivening**

This dance of Shiva and Shakti is a metaphor for the power of our presence and the power of how our attention and choices can either empower us or deplete us.

Presence is a masculine aspect. It refers us back to ourselves as the witness for all that we experience. When Shiva was danced by spirit, (rather than reacting to lust/attempting to be the sole creator of the dance), he witnessed the thoughts and feelings within himself and harnessed his attention from the energy of lust back to presence. Because he remained as the witness and did not become identified with the experience, he dropped into the power of presence and was danced by Spirit. He did not become split and isolated in the self through reactivity. (To understand more deeply how reactivity disempowers us, watch this short video I made [here](#).)

This key teaches us that our attention is our currency. What we focus on, we give life to. When we invest our energy in things that drain us, such as complaining or dwelling on problems, then we experience more of that limiting energy in our lives and less of what we are inspired to manifest. On the other hand, when we redirect our attention back to the innocence of the moment, to gratitude, and work with whatever reflections of ourselves that we see in a way that supports us, then we are moving in the direction of that which we truly desire to create.

This key asks us the question: *Do you realize yourself as the witness of life?* If not, can you see that there is space between you—the *awareness* which you are—and the things that pass through you, such as thoughts and emotions? If you are new to considering yourself as *the witness*, as

*awareness itself*, then this key invites you into the discovery of your true self. For that, I recommend a practice of self-inquiry and daily meditation.

### **The Power of Witnessing**

Witnessing has great power. As the metaphysical question goes: *if a tree falls in the woods and nobody hears it, did the tree fall?* Nothing happens unless it is witnessed. We are the greatest witnesses in our lives. When we witness something—be it a prayer, positive language, a healing, an intention—it becomes confirmed as *having had happened*. Our witnessing it makes it real, (unless, of course, our witnessing recognizes that what we are seeing is a passing phenomena, like emotions and thoughts).

To borrow words from [\*A Ceremony Called Life\*](#), “When you say or think something, you **witness** yourself either saying or thinking it simply by being aware that you have said or thought this or that. To take it a step further, when you simply choose to believe what you think without speaking it, or you believe these thoughts and then channel them into reality by speaking them, you confirm it as reality and create a trajectory. By virtue of your attaching to a thought and getting onto its bandwagon, you set forth its actualization. Your witnessing and then your acceptance of it is your ‘agreement,’ and that is what propels things into existence, into actually happening.”

So through the power of witnessing and presence, we have the invitation to become aware of that which we give life to. That which we give life to has to do with our femininity and the power of creation. First, there is the masculine presence/nothingness—in between is the spark of God—and then, the feminine receptivity of that God spark, (as witnessed by the masculine), that births life.

As a practical, day-to-day example, the masculine/feminine dynamic could look like this: a thought comes that is unsupportive, but you remain present and witness it, and do not react to it. Because you remain present and do not react, you do not create that which you do not wish to create! Instead, you keep your attention on the love within, that space of inner stillness, and by virtue of that, you remain in the current of manifesting that which you truly wish to manifest. Furthermore, also by virtue of remaining present, you is space for an inspiring spark of God to arrive in your mind, heart, body, or soul—and when it does, you perceive it. Simply by virtue of *not reacting* out of fear to limiting thoughts etc., you support the sweet visions of your life in unfolding.

### **The Power of Choice: Quit All Unsupportive Habits Now**

In order to work with the gift of a good dynamic between our masculine and feminine—(here: that which we enliven via our presence)—we must be willing to make choices that support us and support the focus of our manifestation. This means we must, once and for all, quit the unconscious habits we have that limit us and sabotage our visions. Consider them like addictions. Here is a list of habits that limit our ability to manifest positively in our lives that we must transform:

- ❖ Complaining
- ❖ Whining
- ❖ Agreeing with self-limiting thoughts, such as “I suck”
- ❖ Focusing on lack
- ❖ Identifying with negative feelings, such as “I am unhappy”

- ❖ Creating reasons to worry
- ❖ Creating reasons to self-doubt
- ❖ Judging moments, experiences etc. as “right” or “wrong”

You can indeed free up the energy you waste on these habits, and redirect it all back to the present moment and into focusing on that which you wish to create. The way to do it is through discipline and shifting the subconscious. In this context, discipline means that we are committed to changing our behavior and we recognize our power to do so. Each time you catch yourself in one of these unsupportive habits, pause and refocus your energy onto simply being present. If you were about to speak negatively about your situation, reword yourself to say what you really mean. For example, rather than saying “I am so sick of being broke,” dig deeper within yourself to discover what you really mean and what you really wish to create. When you express yourself more truthfully, you might say “I really look forward to more money coming in and I am showing up for what I can do to make that happen. I know money is on its way to me now. I also trust the Divine is bringing great opportunities my way.” Note: it is less about the words and more about the energy you embody. Anyone can read a script. The point is to move past the discomfort of negativity and return to the innocence of the present moment—and create from there!

Sometimes, these bad habits are rooted in inner traumas, limiting beliefs, memories, and so on. When that is the case, we ought to support ourselves by working through it in whatever way feels right to us. Perhaps it is therapy, or a silent retreat, a healing session with someone you feel to work with, and so on. It is crucial that we work through the difficult corners of our souls so that we may live as we deserve to live. This is the other part of the law of attraction that is often not mentioned: yes, speak your affirmations, but if you are holding onto traumas or limiting beliefs that counteract your desires, you may need to do some work to resolve them before you see the results in the physical world. For example, I could repeat the mantra “I am ready to meet my soul mate” all day long, but if I was abused as a child and haven’t yet done any work on resolving that trauma, then I will likely call in a partner that will hurt me in some way.

### **Shift Your Subconscious**

Science has estimated that more than 95% of our mind is subconscious. What that means is that what is in there is not easily known or accessible to the conscious mind. The subconscious mind has a huge role in creating our reality—it’s where our patterns, memories, imprinting, beliefs and so on are stored. For the sake of our conversation, it has to do with the vibration we project into the Universe via what resonates with our unconscious.

For example, if I am calling my life partner into my life, but I have the subconscious belief “I am unworthy of love,” I may call in a partner who I do not feel loved by or I may not attract a partner at all. That is because these silent beliefs hold a vibration, and that vibration connects to all-that-is. When we emit a vibration that counteracts what we wish to create in our lives, we may experience obstacles, interruptions, delays, and so on. (We might experience those things anyway, but the point is that hopefully when we do, it is more part of our vision’s natural unfolding and less because we are subconsciously pushing our vision away.)

It’s important to realize we are all forever growing and evolving. That is our journey as humans, no matter how awakened we are. Each time we intuit or believe that our subconscious

mind is affecting our experience of life in a way that feels unsupportive, we are invited to do the work to shift it. This work is so powerful—I myself experienced the greatest shifts and changes by working with someone in a private session to discover what was in my subconscious that kept me repeating the same patterns and getting the same disappointing results in my life. When the subconscious beliefs were shifted, my life shifted positively too. If you need support with this, [I offer private sessions](#) to help others shift limiting elements of the subconscious—or you could also explore ThetaHealing, which is an amazing modality that also focuses on making changes in the subconscious.

### **Summary**

As we close the discussion on this third key, let's recap the core message: In all moments, we have the invitation to witness that which is unfolding. When we witness an element within ourselves that is limiting, we have the invitation to either let it pass or, when it feels appropriate, to do personal work to resolve that which is beneath it.

When we remain still and in trust, re-focusing any energy away from distractions and back to the present moment, we support ourselves in being channels to the Divine. Then, when we witness something that inspires us, something that fills our body and being with the resonance of our desirous *yes!*, we have the invitation to be moved by it, to be totally taken by the Divine in its glorious unfolding, as Shiva and Shakti did when they danced with the sparkle of sunlight.

### **Exercise**

What unsupportive habit do you engage with most frequently? Is it complaining, focusing on the negative, or something else? Determine what it is and commit to detoxing from it for the month ahead. No matter what, don't let yourself indulge in it. With absolute discipline, cut yourself off from the addiction. Each time you see your attention going towards the draining habit, pull your attention back to the present moment. A supportive tool for this is repeating a mantra or choosing a song to sing that can help you refocus your energy. Of course, if you slip, be compassionate with yourself and just keep going!

## *Key #5: The Right Language*

As briefly mentioned in the third Key of Prayer, the Key of Right Language is integral to the effectiveness of our communication. We must say what we truly intend to say if we are to be heard as we wished to be heard. We mustn't rely on Spirit or others to interpret our message as we meant to have said it. Rather, we must express it accurately, and tell the microscopic truth of it. We must embody our integrity.

### **Affirmative Language**

It has been said that the Divine does not understand negatives. Because everything exists on a spectrum here on Earth, we often tend to speak not only in terms of what we do wish for, but also that we don't: For example, "I want a boyfriend who doesn't cheat on me;" "Don't do that;" and so on are common ways of speaking in our culture.

But as the saying goes, *you can't do a don't*. Rather than focusing on what you don't wish for, express what you do desire. "I am calling in a loyal, monogamous man who loves me, who has a great smile, who is self-aware, who listens to me, who is happy to receive my love," and so on.

Affirmative language is also relevant when our manifesting ritual is more focused on our own transformation. For example, rather than saying, writing, or believing the thought "I don't want to feel this anger anymore," we can reorient our perspective to "I feel the core of this anger fully. I allow it and welcome it. I am ready for it to transform, and ask Spirit for help in transforming this anger and resolving anything that is beneath it. If I need help for this, I ask Spirit to let me know what person can best support me. I am available now for the resolution of this old wound and it is transforming back to love right now." Much more true and specific, isn't it?

It's important to also know that if you do find yourself casually speaking in negatives, it isn't the end of the world. We're not meant to take it too seriously or so strictly—it has much more to do with the perspective and the energy we embody than anything else. Language is a tool for expressing that energy and perspective, but ultimately the energy and perspective itself is the root of the vibration we are sharing.

### **Articulating Time**

As discussed, because of the timeless nature of existence, all that will be is already here in the Now. For that reason, it is very supportive to express what you are creating in a way that acknowledges its presence here, now. This helps to bring it into the present moment. So, for example, rather than saying "I am manifesting a boyfriend who loves me" or "I want a boyfriend soon," I would write "My man is here with me now, and I am so thankful for that. I feel myself meeting him. I feel myself laying in bed with him."

It's not that we must police ourselves and never speak in terms of time. We are human, after all! Rather, this languaging is particularly helpful when are in rituals, ceremony, and when we are



praying. It is also important in the sense that your perspective is a very supportive when it is affirmative and solution-oriented—always.

It doesn't necessarily hurt or contradict our prayers to say to our friends "I hope my man comes soon." The main determinant of the effect our language can have has to do with the energy and perspective we embody when we say it. If you say "I hope my man comes soon," but feel and sense his presence here, now, then that is still supportive of manifesting your desire. However, if you say it with the feeling of hopelessness, despair, and desperation, and you then *identify* with those feelings, feed them, and empower them—then it is likely that more time will pass before you connect with your new boyfriend.

I could not close this section without asserting again that we are all human, and it is normal to feel across the spectrum of emotions. The key is in choosing to work through old wounding and unresolved material when they appear in our lives, as discussed earlier—or to simply remain present and fully feel that which is passing, letting it teach you what it may. In conclusion, I hope it is clear that whatever happens is always grist for the mill, is always benign and a golden part of our path, leading us back to the prayer of our heart. We can work with it all for the good alchemy of our lives.

### **Details**

When communicating in prayer, ritual, and manifestation, details are good. For example, if you are looking for a new home, the more details you give, the better. But be specific! When my beloved and I looked for our new home, two of the things we wrote down were "in the Redwoods" and "has an artist studio." We got exactly what we asked for: there were two artist studios on the property, but they were owned by the landlord and not part of our space. And the house was in the Redwoods alright—it was literally made from the wood of Redwoods, though the trees themselves were not on the property. Lesson learned: Spirit is listening—so say exactly what you mean! It can only help to be particular when you make your desire lists.

Note, there is an entire chapter dedicated to this subject in [A Ceremony Called Life](#). If you wish to go deeper into it, I recommend getting yourself a copy of the book.

### **Exercise**

Write down how you would normally express what you desire to manifest in your life. Are there any negative words, such as *no*, *not*, *don't*, or *won't*? Is it in the present or in the future? Consider how your expression can be articulated in a purely supportive way. Consider the perspective needed for that expression to be true. If any feelings come up when you face the supportive perspective, such as fear or worry, or any limiting beliefs such as *this will never happen*, then rejoice(!): You are being shown the energy within you that opposes the manifestation of your vision, which gives you the opportunity to bring love to it. Choose to resolve it by shifting your subconscious, working through old memories, traumas, and limiting beliefs, and/or to simply be compassionate with yourself. If you feel that you need help in working through it, then reach out for support. The path here is to let yourself return to a space within where stating your desire affirmatively, in the Here Now, feels good, peaceful, and true.

## *Key #6: Go to the Land*

You are a creature of this Earth. She, (Mother Earth), supports you as you walk, gives you food, gives you water and warmth and shelter, gives you a home. She takes care of you. Mother Earth listens—she hears your prayers. And when you pray intentionally with her, she may spread your prayer all over the land and bring it into the homes of your brothers and sisters. Do not take Mother Earth for granted.

Include her in your prayer. She is made of rock, and that rock is a powerful spirit that can hold the vibration of your prayer as part of the core of Earth. So is the dirt, and the water, and the air, and the trees, and the plants. You want to go this deep because it is real, because it is going all the way, and to know real magic—you must go *all the way*.

Pray with Mother Earth. Bring her an offering. This is an ancient practice. You could create a gift for her, such as rice, chocolate, tobacco, and rose petals. Then, you take time to visit a place in nature. You bring your gift. You share your prayer and you plant your offering into the Earth. You let Mother Earth know what you are praying for, what you are calling into your life. And you let it be so—you begin to sense that whatever you are praying for *already is*.

This key is simple and straight forward, and is not to be forgotten. The land is our ally. She is meant to hold and grow your prayer. Sometimes, we must ask her for permission to proceed with certain visions or plans—if we remain still with our prayer, we will sense when that is. If you're unsure, it is always supportive to ask the land for permission to manifest our vision on/with her, in particular when she would be physically providing support for it (such as an event, a workshop, a building etc.) Ultimately, just trust yourself and don't overthink it. If you are sincere, you can't go wrong.

Indeed, we ought to include her not only because we recognize her power, but also because we recognize ourselves as her children. Of course, we go to the Mother. Of course, we ask for her breast. Of course, we show her our love by allowing ourselves to lean on her, to trust her. And of course, we say our thank-you to her in whatever humble way we can.

Lastly, we know that the harvest of the land is influenced by the moon. New moons are a potent time for planting seeds and setting intentions for the cycle ahead. Full moons are times of fullness, catharsis, overflow, and release. It is particularly powerful to engage in ritual and prayer when the moon is new and when she is full. Consider bringing your prayer into the power of moonlight. It is equally powerful to tune in with the almighty Sun—the giver of life—and welcome his spirit to bring life to your vision. There are many ways to pray with the land; indigenous traditions offer much guidance in these ways.

### **Exercise**

#1: On one of your free days this week, go to a place in nature that is special to you with an offering for the land. Bring your prayer with you, whether simply in your heart or on a piece of paper, or to be discovered in the moment. Engage in the ritual of offering described in this key. Witness your

prayer being received by Mother Earth. Witness her sending your prayer to the waters everywhere, to the air, to all of the plants. And enjoy.

#2: On the next full moon, write a letter to Spirit sharing that which you are letting go of and that which you are calling in. Sit under the full moon as you write with a lit candle or a fire. When you are done writing your letter, share it with the moon and feel yourself giving the things you are letting go of, back to God to transform. You can also give the energy back to God by burning the piece of paper that lists what you are letting go of. With the space that let-go creates, feel yourself receiving that which you are calling in.

## Key #7: *Feel Your Prayer Everywhere*

It is already so. Whatever you are praying for, if it has entered you as divine inspiration, *it is already so*. Trusting this with total humility is one of the final keys for bringing to life that which we are co-creating with the Divine.

Time is relevant on Earth, but not in the realm of oneness. In oneness, all that will be has already been and all that has been, presently is. Therefore, if you find yourself divinely inspired, it is because it—*that vision*—is already happening. In our time-space experience here on Earth, things happen incrementally, and it is our privilege to watch life unfold. But by tuning into the timelessness of our prayers, of that which we are calling in—by tuning into the possibility that they are already here, thriving, alive, in full form—we help to allow it forward.

Imagine existence as one of those black pieces of paper that, when you scratch, colors are revealed underneath. When you look at the black paper, all you see is black—you do not see all the colors that are also there in present-time. Life is like this. Anything that is meant to flow through you for your life—be it a relationship, a project, an experience—is already here. As you begin to peel back the illusion of time, you bring its colors to the surface and help will it into the Now.

It's important to realize that usually what we are manifesting is a *feeling*. For example, when I called in the best publisher for my book, I focused on the feeling of knowing the book was matched with a publisher who treated it well and did their best to get it out there in the world. My focus, however, wasn't on the publisher—it was on the *feeling* of that situation being a reality. That *feeling* is what manifested when I did receive an offer from my publisher—the feeling that matched the feeling I was manifesting—one of fulfillment, joy, and a sense that the book's journey was being carried along in the best way possible.

It is the *feeling* fulfilled that *already is*. In other words, it is the vibrational match of the feeling that comes into existence, sometimes through manifestations we can predict (like a specific new job), and other times through ways we would never come up with on our own—not with our wildest imagination.

This feeling contains within it the prayer for your life, and the prayer for your life includes this specific prayer for that which you are currently focused on manifesting. And this feeling is a vibration. It is also like a song in the sense that it contains so much: the prayer for your overall wellbeing, the prayer for your life, the prayer of that which you are manifesting, the prayer of your joy, the prayer of your being in service, and so on.

### **Feel It Everywhere**

Remain aware of this feeling everywhere you go. Feel it when you walk. Feel the Earth receive it through your feet. Sense it in your voice when you speak. See it in your words when you write. And on and on.

Be in totality with your prayer. This is not an effort—this is not a doing. Rather, it is a sacred undoing where you discover that this sweet blessing for your life already lives within your heart

and your being, thriving. It is the realization that when you drop away the masks, the limitations, the old pains that held you back—it is simply there. It is also you realizing that when those challenging moments arrive, the prayer is still there beneath it all and cannot be harmed. It is part of your core and is invincible. The only way it could ever be harmed would be if you *believed* it could be harmed. If you trust in its invincibility and keep your attention focused on that prayer within your stillness, then it thrives. Then it is a gift that keeps giving. Then it helps takes you back home within yourself, again and again.

When you drink, drink your prayer. When you eat, eat your prayer. When you go to sleep, dream with your prayer. This is the song of your life and the joy of your beating heart. Be loyal to it. Keep coming back to it. Dust it off when it needs dusting off. When you visit the trees, notice the trees witnessing your prayer.

And remember, it isn't "your" prayer. It is the Divine's prayer for your life. You are the expression of that prayer. You are the witness of it. You are the unique being who gets to experience it. And you are the magical creature who gets to have the far-out experience of being human. Nothing more, and nothing less.

### **Gratitude**

Feel the depth of gratitude that lives in the core of your being for the gift of life. This is also the gratitude for the prayer of your life, for the unique expression of your life. Feel this appreciation, bring your attention to it again and again, and know that true gratitude is the strongest prayer there is.

As I discuss in [\*A Ceremony Called Life\*](#), gratitude is a very strong way of communicating with the Divine. As we drop deeper into gratitude, we drop deeper into oneness and it's a bit like the volume increasing on our microphones to God. In gratitude, we are right there in a place within where there's no transmission distance between us and the Divine. There isn't really any transmission distance *anyway*, no matter how we feel—but when we are in deep gratitude, we often more easily perceive our connection to the Divine—and so we *witness* our divinity and the strength of our prayers—which also serves to increase the volume. It's just a play of existence, whichever way you look at it. So we might as well move with it all in an intentional, celebratory way, on the very likely chance that we may be dazzled by what life brings us.

### **Exercise**

Today, when you drink your coffee or tea, close your eyes and sense yourself drinking the prayer of your life. As it slides down your throat, feel your prayer going down with it, cycling itself through your body. When you shower, feel yourself being washed by the water of Spirit, covering you in the prayer of your life. And lastly, today, when you walk, feel your prayer in your feet, and notice your footsteps affirming the prayer of your life to the Earth.

## *Key #8: Continuous Dialogue with the Divine*

The Key of Continuous Dialogue with the Divine has to do with the opportunity we have to be in an ongoing conversation with God throughout all of life. It has to do with our ability to make good with all moments of life. This key teaches us that no matter what is happening, every moment and experience is always leading us back to ourselves, back to the core prayer of our lives that lives within us.

This key encourages us to create sacred ceremonies in our lives as a way of embodying our honor for this life and for our prayers. As a way of experiencing the magic that life has in store for us when we remain in Divine Dialogue. It tells us that all of life is the ceremony—one unending, uninterrupted sacred happening.

This is the key that reminds us that our prayer extends into our entire lives, and not just our obvious moments of prayer. It tells us that it is beautiful and supportive that we pray, but also that *we, ourselves, are the prayer*. And finally, it teaches us that life is always listening and speaking to us, and for that, it serves us to remain conscious and intentional about this ongoing conversation.

This key also has to do with our ability to work with the reflections we see of ourselves in life as a way of polishing our mirror of perception. The more we polish, the more we drop into the deep core of knowingness within ourselves. And it's not that it's even accurate to say "more," because it has nothing to do with the connotation of this word. Rather, we say "more" because throughout life, we continue to evolve and grow. More is a simple way of understanding that, but it does not imply we were ever "less." So we work with all moments of life to polish the mirror more and more, whilst realizing this moment to be just as sacred as all moments.

When we are in this Divine Dialogue, if we see parts of ourselves that are motivated by unresolved wounds, limiting beliefs, and so on, then we engage in sacred communication with God in support of bringing in resolution.

Examples of being in Divine Dialogue include:

- ❖ Shadow work
- ❖ Resolving stuck energy, limiting beliefs, old traumas and so on ("healing work")
- ❖ In the morning, waking up from the heart, as a way of connecting with all of life/God and beginning your day from this space
- ❖ Calling upon the guidance and support of Spirit, when needed
- ❖ Diving into our hearts, souls, and beings to bring love to the parts of us that need it
- ❖ Meditation
- ❖ Practices that bring us into a meditative state, including (but not limited to): yoga, chanting mantras, dance, hiking, singing, writing, being in nature, painting, making love, cooking
- ❖ Exploring our creativity
- ❖ Praying, rituals, ceremony

- ❖ Responding to life via the heart
- ❖ Moving through life in a meditative state
- ❖ Sensing the life force that is all around us all
- ❖ Embodying the prayer of life/your life
- ❖ Listening to and honoring the signs you receive, such as feathers, animal totems, synchronicities, and so on

### **Exercise**

Where do you feel that you are in Divine Dialogue? Whether it's yoga, meditation, dancing and so on, commit to practicing it at least a few days each week.

## *Prologue: An Example from My Own Life*

I hope this little book has illuminated how simple and beautiful it is to co-create with the Divine, and how it is your most natural state to do so. To close, I would like to share an example of co-creating with the Divine from my own life. I have broken it down into moments, relevant to various discussions in the book, to help bring it more to life for you.

#1: I received the words, in the form of a divine thought/guidance: “Share the way you see things with the world.” Shortly thereafter, the title *A Ceremony Called Life* arrived in my being, and I knew this was the name of the book I was being guided to write in that moment. *This is an example of remaining available throughout life to receive inspiration and trusting the simplicity of what we receive. It is also an example of opening up to receive the Divine—or, in other words, dropping deeply into one’s being and listening carefully to life.*

#2: I trusted that inspiration and wrote the book.

*Example of showing up for the necessary steps.*

*>Sub point: I committed to writing every day. In moments where I doubted, and in moments that were difficult, I returned to the sense of trust within to sustain me.*

#3: Not knowing how to practically move forward within the literary industry, I researched publishing options to discover the potential next steps and keep the wheels moving.

*“Keeping the wheels moving” is an important part of co-creating with the Divine. When we drop the ball out of neglect, procrastination etc., we essentially communicate to Spirit that we are not moving forward, and so we are met with energy that is a vibrational match to that. In other words, Spirit doesn’t just take over to make all of our dreams come true. For that to happen, we must show up for our part. In this context, I like to say, “We are the divine intervention we’ve been waiting for.”*

#4: Throughout, I felt I was “in service” to the book and continued to ask Spirit for guidance. *This is an example of perceiving the overall harmony and the larger picture of what is being created through us, and deferring to a higher wisdom.*

#5: Moving along: At this point, I was taking my first steps with the book in figuring out how to get it out there in the world.

*Although I was willing to show up within the paradigm of the publishing industry and take whatever steps were necessary to share the book, I maintained a prayerful dialogue with Spirit simply through knowing the following in my bones: God, I am in service to this book and will do whatever it takes to get it out there in the world, including soliciting agents, publishers, and so on. However, I also know magic is possible. I know it is possible for a great*



*agent to magically fall into my lap. I am available for that, I receive that agent and this blessing.*

*>This is an example of not knowing what to do, but continuing anyway—working with both our human self and our God self by “showing up anyway” and yet simultaneously letting the prayer of magic burn bright in the heart.*

#6: I let go, trusted, and prayed. I was not stoked about the vision of having to write agents tons of letters and potentially face a very long process with possibly a lot of rejection, but I was willing to do it and began the process. Step one for me was to have the book professionally edited. Mid-way through the process of editing the book with a freelance editor, I went to a 10-day silent retreat. During that retreat, I reiterated my prayer and continued to hold in my heart the possibility of magic happening. I let my every step become this prayer, feeling myself as a being who would receive such a blessing of an agent simply arriving in my life without any effort on my part.

*This is an example of trusting each step of the way as part of a larger, perfect journey. Letting the Divine mysteriously lead me.*

*>After the silent retreat, I had dozens of exasperated texts from my mother. She had a session with a well-known, published psychic who had told her I would sell many books and that her agent would represent me. Long story short, that agent immediately offered me representation. Before I had even signed the paperwork with her, she had begun the process of securing me a deal with one of the top publishers from my vision list.*

#7. In March 2015, I received a contract from a great publisher to publish *A Ceremony Called Life* in July 2016. In July 2016, the book was successfully published.  
*Vision manifested.*

To me, life is an amazing and poetic paradox and, simultaneously, a sort of treasure hunt. Everything is here, now, yet it is undeniable that there is a beautiful unearthing of wisdom and beauty that continues, especially so when we remain present, grounded, and love-centered. May you enjoy the unfolding of your own life and the infinite gems and wisdom that rests within you.

## About the Author

Tehya Sky is the author of [\*A Ceremony Called Life: When Your Morning Coffee Is as Sacred as Holy Water\*](#) (Sounds True, July 2016). She is a metaphysical/spiritual guide and healing facilitator who offers private sessions, workshops, and classes internationally. For more, visit [www.tehyasky.com](http://www.tehyasky.com) or email [hello@tehyasky.com](mailto:hello@tehyasky.com)

